

Do you have less energy since the pandemic started?

Follow these five simple tips to build up your strength and balance and recondition:

Start small and build back slowly

Pick up an activity you used to enjoy; invite a friend to do it with you

Try active travel

Try walking or cycling; get off the bus one stop earlier than your destination

Conquer those stairs

Try using stairs more often in a day

Build strength training into your everyday activities

Do something that makes the muscles feel warmer and tense, for example carry your shopping further or dig in the garden

Find a better balance

When near a solid support stand on one leg while you are cleaning your teeth or waiting for the kettle to boil, stand with your feet close together or toe to heel

For more information go to the following website

[https://www.nhs.uk/better-health/get-](https://www.nhs.uk/better-health/get-active/)

[active/](https://www.nhs.uk/better-health/get-active/) for more tools, apps and tips to help you move more every day.



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National Falls Prevention Coordination Group

Empowering local communities to prevent falls